

Newsletter

Important Dates:

- ♦ **Wednesday September 20**
NO SCHOOL
Staff Professional Development Day
- ♦ **Wednesday September 20**
Parent Teacher Interviews
4pm - 8pm
- ♦ **Friday September 22**
Last Day of Term 3
- ♦ **Monday October 9**
First Day of Term 4
- ♦ **Tuesday October 10**
10-2 Music Program
Shepparton FLC Campus
- ♦ **Wednesday October 11**
Defence Careers Talk
11am Shepparton FLC
- ♦ **Tuesday October 17**
10-2 Music Program
Shepparton FLC Campus
- ♦ **Friday October 27**
Holocaust Museum Melbourne
8am -5pm Bring a packed lunch or money to purchase food and drink.

Message from Roger

As we near the end of term 3, it is important to look back at the achievements of our students. The walls of our building are now covered in the fantastic artwork done by students and the front garden is really starting to look good with new plants going in as I write. The community space (behind the colour bond fence) is the next project for students to develop as a peaceful lunch setting and a BBQ area for special occasions.

Many students are completing their first year of VET subjects at GoTAFE whilst ten students have already completed the Certificate II in Business Studies. This is a brilliant result as the course is time consuming and requires students to set realistic timelines and then stick to them.

Students involved in the Creative Arts music program have written, performed and recorded several parts of the songs they have done. Their dedication to this project has been wonderful to see, and we await hearing the finished songs later in the year. A special thanks to "Song makers" and the team of tutors they have provided to work with our students. The results in terms of musical ability, self-esteem and confidence are clearly evident.

There have been many excursions this term and I encourage as many students as possible to "put their name down" to attend future trips. I do however ask that students who choose to attend an excursion, definitely attend, or give early notice of their inability to attend, as there is often a waiting list of students wishing to go.

I would like to point out that reports that come back to our Centre from the places our students visit all comment on the manners, good attitude and excellent behaviour of our students. We know how great they are but it is pleasing to know people outside education can see this too.

Lastly, please have a safe and enjoyable break. We look forward to seeing all students back here in term 4 ready to work hard and complete their studies for the year.

Roger Gale



School Nurse

Cara's Dates

Term 4

October

Week 1 Friday 13th
Week 2 Friday 20th
Week 3 Friday 27th

November

Week 4 Friday 3rd
Week 5 Friday 10th
Week 6 Friday 17th
Week 7 Friday 24th

December

Week 8 Friday 1st
Week 9 Friday 8th
Week 10 TBC



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www.nefln.vic.edu.au/shepparton

A reminder that our website is up and running. All newsletters are published and available to view if a hard copy doesn't make it home. **Important dates** to remember with regards to excursions and events are also on our webpage for parents and carers to view, these dates are also displayed in campus on the students notice board.



Defence Force Careers Talk

Wednesday 11th October

Danny and another serving member of the Defence Forces will be in to do a careers presentation and chat with students about different career path opportunities that are available within the Defence Forces.



gotafe

If you are thinking of doing a VET course in 2018, please book in an appointment with Simon, as some courses are filling up fast.

RIDDLE ME THIS

A black dog stands in the middle of an intersection in a town painted black. None of the street lights are working due to a power failure caused by a storm. A car with two broken headlights drives towards the dog but turns in time to avoid hitting him. How could the driver have seen the dog in time?

If you think you know, see Kylie.

BENEFITS OF READING

Mental Stimulation

Reading is a great way of keeping your mind stimulated, some studies have shown that being mentally stimulated can slow the progress and possibly prevent Alzheimer's and Dementia.

Stress Reduction

Everyone is faced with stress on a daily basis, reading a great story or a well written novel has the ability to transport you to other realms reducing tensions and giving you the opportunity to relax.

Knowledge

Everything you read gives you knowledge and you never know when you be required to recall that knowledge. The more knowledge you absorb the better you will become to tackle challenges later in life. Knowledge is something that stays with you for like.

Vocabulary Expansion

The more you read, the more words you gain exposure to, and they'll inevitably make their way into your everyday vocabulary. Being articulate and well-spoken is of great help in any profession giving your self-confidence and boosting self-esteem.

Memory Improvement

Every new memory you create forges new synapses (brain pathways) and strengthens existing ones, which assists in short-term memory recall as well as stabilizing moods. The brain is a marvelous thing it stores mountains of information that you may find useless at the time but when drawn upon later is beneficial

Stronger Analytical Thinking Skills

Have you ever read an amazing mystery novel, and solved the mystery yourself before finishing the book? That same ability to analyze details also comes in handy when it comes to critiquing plots, determining if it was well written, if the story line ran flowed smoothly. When you get the opportunity to discuss the book with others, you'll have formed your own clear opinion and can consider and debate other people opinions of the story line.

Improved Focus and Concentration

With technology being such a huge part of everyday life, our attention is drawn in so many different directions (gaming, snapchat, facebook etc.) our productivity is dramatically affected in a negative way. When we read our sole focus is on the storyline to be able to absorb every detail of the text, reading for just 15-20 minutes has shown to improve our levels of focus and concentration.

Better Writing Skills

This goes hand-in-hand with the expansion of your vocabulary: exposure to published, well-written work has a noted effect on one's own writing, as observing the cadence, fluidity, and writing styles of other authors will invariably influence your own work. In the same way that musicians influence one another, and painters use techniques established by previous masters, so do writers learn how to craft prose by reading the works of others.





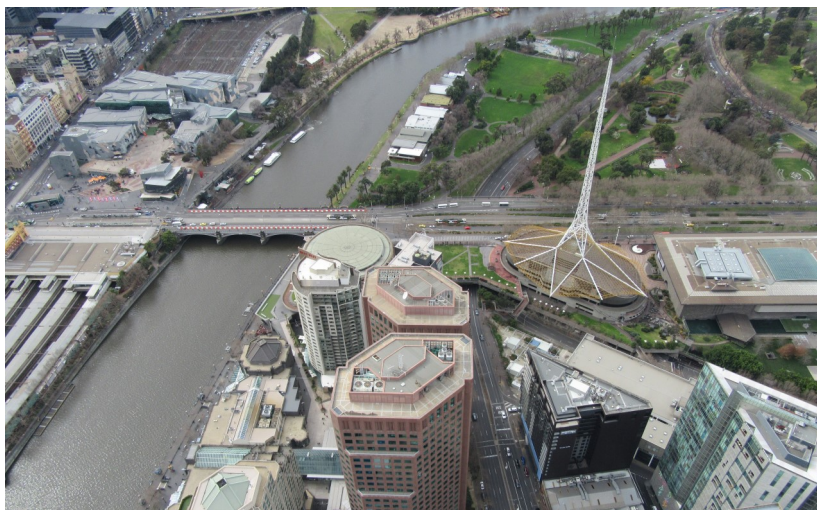
On Friday the 18th of August a group of students boarded a train to the distant city of Melbourne. It was a cold but reasonably dry morning that the march towards the tallest tower in Melbourne began.

After a History lesson from Sally about the ship docking and turning area of the Yarra, the students and staff trudged doggedly on passed large cubes of cement, a red stage and various ye olde style buildings. We then came face to face with the tower.

With the easy challenges completed, the final ascent of the tower needed to be completed with such ear popping and stomach churning speed that people barely noticed the travel up the 88 floors.

Once on the Sky Deck all and sundry were able to see to the horizon. We were able to see the beauty of the bay and the long, stretching, straight roads of Melbourne. The rain squalls that were approaching from the South- West. One such phenomenon that others below did not manage to see was the light fall of snow at the altitude at which we were present.

Once returned to Earth and sea level, students and staff needed to make a mad dash across the Yarra River as Melbourne's rain came lashing down once again. Unfortunately cutting short the Melbourne adventure and returning students and staff back to Shepparton Early.



IMMUNISATION PROGRAM

Students that missed our vaccination day on Monday the 18th September, can still get the Meningococcal W Vaccine.

Check the below program information for location, days and times that suit you best.

GREATER SHEPPARTON CITY COUNCIL

Immunisation Program 2017

For any details about immunisation please call the Council's Health Department on 5832 9731



VENUE	TIME	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
1st WEDNESDAY every month MOOROOPNA – The Mooroopna Hub (Cnr of Morrell and Alexandra St)	9.30 am – 10.15 am	4	1	1	5	3	7	5	2	6	4	1	6
1st & 2nd THURSDAY every month	9.30 am – 10.30 am	5	2	2	6	4	1	6	3	7	5	2	7
SHEPPARTON CENTRE – Senior Citizens Centre, 120-132 Welsford Street		12	9	9	13	11	8	13	10	14	12	9	14
3rd THURSDAY every month SHEPPARTON EVENING – Senior Citizens Centre, 120-132 Welsford Street	5.00 pm – 6.00 pm Evening Session	19	16	16	20	18	15	20	17	21	19	16	21
4th THURSDAY every month RIVERSIDE PLAZA KIALLA – Shop 21C 8025 Goulburn Valley Highway, Kialla	9.30 am – 10.30 am	Cancelled Australia Day	23	23	27	25	22	27	24	28	26	23	Cancelled Christmas Break
2nd MONDAY every month RIVERSIDE PLAZA KIALLA – Shop 21C 8025 Goulburn Valley Highway, Kialla	12.00 pm – 12.30 pm	9	13	Cancelled Labour Day	10	8	Cancelled Queens Birthday	10	14	11	9	13	11
1st MONDAY every month LULLA'S CHILDREN & FAMILY CENTRE – 42 Harold Street, Shepparton	11.00 am – 11.15 am	Cancelled Public Holiday	6	6	3	1	5	3	7	4	2	6	4
PATRICIA SMITH CHILDREN'S CENTRE – Packham Street, Shepparton	12.00 pm – 12.30 pm												
3rd MONDAY every month LESLIE GRIBBLE CHILDREN'S CENTRE – M&CHC room Westmorland Crescent, Shepparton	11.00 am – 11.30 am	16	20	20	Cancelled Easter Monday	15	19	17	21	18	16	20	18
3rd THURSDAY every month TALLYGAROPNA – Preschool, Victoria Street	9.30 am – 9.45 am	19	16	16	20	18	15	20	17	21	19	16	21
KATANDRA WEST – M&CHC/ Preschool, Bankin St.	10.30 am – 10.45 am												
DOOKIE – M&CHC, Mary Street	11.30 am – 11.45 am												
4th TUESDAY every month TATURA – Senior Citizens Centre, 1 Flanagan Place	9.30 am – 10.15 am	24	28	28	Cancelled Anzac Day	23	27	25	22	26	24	28	Cancelled Christmas Break
MERRIGUM – M&CHC/ Preschool, Waverley Avenue	11.15 am – 11.30 am												
MURCHISON – Neighbourhood House, 23 Impey St.	12.15 pm – 12.30pm												
VENUE	TIME	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC

Please Note

- You do not need to make an appointment and you may attend at any centre as listed that is convenient to you.
- All vaccinations of children up to 6 years of age are recorded on the Australian Childhood Immunisation Register, phone – 1800 653 809.
- After receiving any vaccination, children and adults should remain at the immunisation venue for at least 15 minutes to enable immediate attention in the event of any reaction.

Some Pictures from our Music Project

In July we were successful in securing funds from Creative Victoria for a Music Program incorporating Melbourne-based, professional musicians joining us each week until the end of the year.

This has been a fantastic opportunity for everyone involved in the program. Each week students have grown in confidence within themselves, in writing and contributing to lyrics and creating music elements for the songs. The purchase of a keyboard and guitars has also given students the opportunity to learn to play the instruments with the assistance of Simon.

On behalf of all the music students, we'd like to thank Simon, Anna, Grant, Harley and Mo for their musical contributions and support. Truly appreciated by all.

Upon our return in Term 4, the Music Program will commence October 10th.



Responding to cold and flu season

During this time, it's important to remember three key steps to keep your schools happy and healthy

The Department of Health and Human Services (DHHS) has advised that there is an increased rate of influenza reports throughout Victoria. Schools are also reporting higher rates of students affected by influenza.



How can I best help my child?

1. Students with cold or flu-like symptoms should be encouraged to seek medical attention, limit contact with others and stay at home until symptoms have passed.
2. If your child becomes ill at school with these symptoms, schools should contact the family and arrange for the collection of the child.
3. Good general hygiene remains the best defence against infection. Schools should encourage children to regularly wash their hands and cover their nose and mouth if sneezing and coughing.

If your child will be absent from school on the day they are timetabled to attend, please ring or message the school mobile on 0427 877 113.

Girls Fitness and Self-Defence.

Every Monday for Term Three, the girls have been attending the Koryo Taekwondo Centre to learn self-defence and improve their general fitness. Sam Rachele and his daughter have been the girls' instructor's and they have pushed the girls to learn more each session. The girls and myself have been very impressed with the centre and the equipment, especially the 'Spida Room'. Over the term the girls have taken part in boxing, learning how to block potential threats and understand how to stay safe in your surroundings and much more. For one session, four girls took part in smashing wooden boards with either their hand or foot. Everyone was successful with smashing their block and no tears were made. Throughout the sessions, the girls have shown great resilience and perseverance.

Well done!





Thunderstorm Asthma

Every year during grass pollen season there is an increase in asthma and hay fever symptoms, and during grass pollen season there is also the chance of a thunderstorm asthma event.

What causes thunderstorm asthma events?

Thunderstorm asthma events are thought to be triggered by an uncommon combination of high grass pollen levels and a certain type of thunderstorm, resulting in large numbers of people developing asthma symptoms over a short period of time.

Those at increased risk at this time include:

- people with asthma, people with a past history of asthma
- those with undiagnosed asthma (i.e. people who have asthma symptoms but have not yet been diagnosed with asthma)
- people with hay fever who may or may not have asthma.

Having both asthma and hay fever, as well as poor control and self-management of asthma, may increase the risk further.

COMMUNITY EDUCATION SESSIONS

The Asthma Foundation of Victoria is delivering free epidemic thunderstorm asthma community education sessions across metropolitan Melbourne and regional Victoria.

Shepparton Information Session

Tuesday 24th October 2017 6.30pm-8pm

North Shepparton Community and Learning Centre.

10-14 Parkside Drive

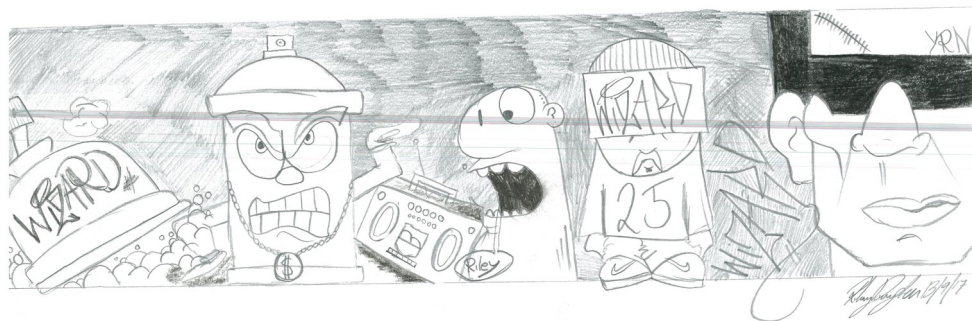
Shepparton 3630



Bennalong Performed by The Bangarra Dance Company

On Wednesday the 13th of September thirteen students and four staff made their way to the Melbourne Arts Centre to witness the Bangarra Dance Company performance. The performance was based on the Aboriginal man Bennalong, and the time of the first settlers arriving in Australia. The story detailed what happened from the indigenous lens through dance and music. The story of first contact, the indigenous battle with small pox, war and fighting and Bennalong's journey to the motherland to learn English and British customs were all on display for us to witness. It was one of the best performances we have ever seen and we were so privileged to be able to attend this event. We look forward to attending again next year.





Drawing by Riley



Drawing by Billie

Since the beginning of the term, we have been taking a group of boys to Taekwondo and self-defence classes every Thursday. At the beginning, we were pushed and struggled to keep up, but after 10 weeks everyone is getting better. We have been learning the basics of Taekwondo to help us improve with our kicking and punching, as well as learning self-defence take down moves and general fitness. Last week two of the boys were able to break pieces of wood by using a hammer punch. We have also started to learn basic weapon defence by using staffs to block and protect from weapon attacks. In all it has been wonderful to get the opportunity to participate in the Taekwondo sessions. If you are interested in joining, let you learning partner know and we can get you involved for the next term.



Staff and Students participated in Talk Like A Pirate a Day on Tuesday 19th September. It was a fantastic day with lots of laughter.

